

Thanks again for opting in to Untwist Your Thinking,

Positive affirmations make us feel happy and conversely, when we beat ourselves up, saying: “I’m fat,” I’m so stupid”, I’ll never be able to do this”, we feel diminished.

Your thoughts reflect your emotions. So it stands to reason that if you tell yourself negative things, you will be affected negatively ~ and all of us do this.

We are our worst enemies. We magnify our faults and judge ourselves, harsher than anyone else.

Thinking positive thoughts does not mean that you have to see the world through ‘rose colored glasses’ nor does it mean that you should not improve.

You should always strive to be better. Positive affirmations help to move you in the right direction, giving you confidence, so that you not only do better, but feel better as well.

These affirmations actually rewire the brain. “Much like exercise, they raise the level of feel-good hormones and push our brains to form new cluster of positive thought neurons”. (source: <http://www.arlenetaylor.org>)

You can create affirmations about anything: your love life, relationships, finances, self-esteem ~ anything. Instead of feeling negative, give yourself positive messages and see how that works for you. The important thing is that the message has value for you.

These 10 affirmations work for me. Use them, pass them on and enjoy!

Fondly,
Your twisted sister,

Bev

P.S.

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